


NUTRITION CARE DIVISION
GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL
OUR DAILY SPECIALTIES



SHERYL MILFORD, MS, RD
CPT, SP
Chief, Nutrition Care Division

Menu subject to change based upon availability

WEEK 3

SUNDAY								
<div>GREAT BEGINNINGS BREAKFAST MENU</div> <div>MON - FRI 0600-0900</div> <div>WKND&S & HOLIDAYS 0700-1000</div> <div>FEATURING: OMELETS MADE TO ORDER</div> <div>MADE FRESH DAILY</div>	20-Sep-2015	21-Sep-2015	22-Sep-2015	23-Sep-2015	24-Sep-2015	25-Sep-2015	26-Sep-2015	
	Fresh Fruit, Fruit Juices (V)	Biscuit Rolls	Breakfast Burrito	Breakfast Sandwich	Breakfast Burrito	Breakfast Sandwich	Fresh Fruit, Fruit Juices (V)	
	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	
	French Toast (V)	Pancakes & French Toast (V)	Waffles (V)	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	
	Hash Brown Patties	O'Brien Potatoes	Hash Brown Patties	O'Brien Potatoes	Hash Brown Casserole	Shredded Hash Browns	Hash Brown Patties	
<div>FEATURING: OMELETS MADE TO ORDER</div> <div>MADE FRESH DAILY</div>	Eggs/Omelets to Order	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Eggs/Omelets to Order	
	Bacon/Sausage	Turkey Links	Grilled Porkchop	Corned Beef Hash	Turkey Links	Chicken Fried Steak	Bacon/Sausage	
	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	
PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak	Chili	Reuben Panini	Chili	New Orleans Style Po Boy	Soup of the Day	
SOUPS	Roast Turkey		Chili	Chili	Egg Drop Soup	Chili	Beef Stroganoff	
MID-DAY FARE LUNCH MENU	Mashed Potatoes w/ Gravy		Mediterranean Vegetable Soup	Chicken Enchilada Casserole	Chicken and Dumpling Soup	Chicken Curry	Chicken Noodle Soup	Smothered Chicken
	Conbread Dressing		Cabbage Rolls	Flank Steak w/ Chimichurri Sauce	WING WEDNESDAY	Beef with Broccoli	Fried/Baked Catfish	Garlic Toast
	Green Beans (V)		Oven Fried Chicken	Pork with Guajillo Sauce	Blackened Tilapia	Vegetable Lo Mein	BBQ Pulled Pork	Steamed Broccoli
MON - FRI 1100-1400	Home-style Dinner Rolls	Baked Ziti	Roasted Root Vegetables	Chicken Maria	Jasmine Rice (V)	Bourbon Chicken	Steamed Rice	
WKND&S & HOLIDAYS 1000-1400	Dessert of the Day	Fried Zucchini (V)	Antigua Vegetables (V)	Couscous(V)	Brown Rice (V)	Dirty Rice	Dessert of the Day	
<div>FEATURING: FRESH GRILLED ITEMS</div> <div>WRAPS & DELI SANDWICHES</div> <div>Try our Vegetarian (V) Options!</div> <div></div>		Glazed Carrots	Grilled Mixed Zucchini (V)	Winter Blend Vegetables (V)	Sonoma Style Vegetables (V)	Baked Beans		
		Sicilian Vegetables (V)	Mexican Rice (V)	Fire Roasted Apples (V)	Garlic Fried Green Beans (V)	Collard Greens		
		Garlic Breadsticks	Lemon Meringue Pie/Parfait	Wheat Dinner Roll	Vegetable Egg Rolls (V)	Grilled Yellow Squash		
		Chocolate Mint Pie/Parfait	Pecan Pie/Parfait	Lemon Cream Cake/Parfait	Honey Corn Muffins			
	BAKED POT/SWT POT BAR		TACO SALAD BAR		BAKED POT/SWT POT BAR		DEATH BY CHOCOLATE	

<div>DINNER DISHES</div> <div>EVENING MENU</div>	<div>WEEKEND MENU</div>	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	<div>WEEKEND MENU</div>
		Chicken Parmesan	Baja Fish Tacos	Open Faced Turkey	Smothered Pork Chop	Fish and Chips	
		Fire Roasted Potatoes	Grilled Potatoes and Onions	Mashed Potatoes (V)	Macaroni and Cheese (V)	Parmesan Potato Wedges (V)	
		Sicilian Vegetables (V)	Grilled Mixed Zucchini (V)	Green Beans (V)	Japanese Stir Fried Veg (V)	Garden Vegetables (V)	
MON - FRI 1600-1800		Wax Beans (V)	Midori Vegetables (V)	Glazed Baby Carrots (V)	Fire Roasted Apples (V)	Grilled Yellow Squash	
WKND&S HOLIDAYS 1530-1730		Garlic Breadsticks	Wheat Dinner Roll	Wheat Dinner Roll	Homestyle Dinner Roll	Dinner Roll	
<div>FEATURING:</div> <div>FRESH GRILLED ITEMS</div> <div>SALADS & DELI SANDWICHES</div>	Mixed Vegetables	Chocolate Mint Pie	Lemon Meringue Pie	Pecan Pie	Lemon Cream Cake		Steamed Broccoli
	Dessert of the Day						Dessert of the Day